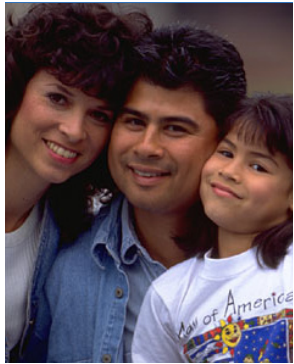




Family History and Diabetes

Questions and Answers



Why is my family health history important?

Health problems that run in your family can increase your chance of developing the problem. This is because family members share their genetics, environment, lifestyles, and habits. But the good news is, by knowing your family health history you can make screening and healthy lifestyle choices to lower your risk.

What should I ask my family members?

Talking to your family members about your family health history will help you to know if you are at risk for diabetes. Ask your parents, brothers and sisters, children, grandparents, and aunts and uncles, the following questions:

- Do you have diabetes?
- How old were you when you were diagnosed with diabetes?
- How did you find out you had diabetes?
- What complications have you had from diabetes?
- What medications do you take to help control your diabetes?
- What lifestyle changes have you made to help control your diabetes (losing weight, not smoking, eating a healthy diet, or engaging in physical activity)?

How do I know if I am at risk for diabetes?

Having a close family member (like a parent, brother or sister) with diabetes, increases your chance of developing it. And the more family members you have with diabetes, the greater your risk becomes. If you have...

- One close family member (parent or sibling) with diabetes, your risk doubles
- Two or more close family members with diabetes, your risk more than triples

What can I do if diabetes does run in my family?

If diabetes runs in your family, it does not necessarily mean you will develop it too. You can lower your risk for developing diabetes by making healthy lifestyle choices like:

- Eating a healthy diet
- Maintaining a healthy weight
- Engaging in regular physical activity
- Not smoking

Share your family health history with your doctor. Your doctor can tell you what screening tests you need to detect or control your diabetes.

***Information provided by the Utah Diabetes Prevention and Control Program and Minnesota Department of Health.

To get a free Family Health History Toolkit, visit the website below.

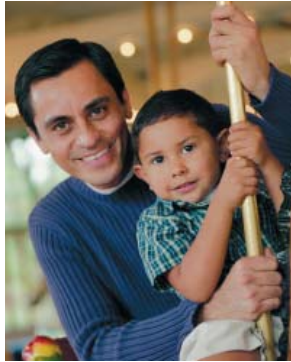
Family Health History Toolkit
www.health.utah.gov/genomics

For more information about diabetes
www.health.utah.gov/diabetes



Family History and Diabetes

Online tools



These online tools will help you collect your family health history and learn why it is important for you and your family's health.

- The Heart of Diabetes Family History Tree by the American Heart Association

www.s2mw.com/aha/fht/index.aspx

- Utah Health Family Tree – coming soon!

www.health.utah.gov/genomics

- U.S. Surgeon General Family History Initiative

<http://familyhistory.hhs.gov/>

en Español! <https://familyhistory.hhs.gov/spanish/>

- Centers for Disease Control and Prevention Family History Website

www.cdc.gov/genomics/public/famhistMain.htm

- Your Disease Risk by Harvard University

www.yourdiseaserisk.harvard.edu

en Español! www.yourdiseaserisk.harvard.edu/spanish/

- Generational Health by Pfizer's Women Health

www.generationalhealth.com/

- National Society of Genetic Counselors

www.nsgc.org/consumer/familytree/index.asp

- Health Tree by Norwich Union

www.norwichunion.com/healthtree/index.htm

Family Health History Toolkit

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